



REDDING ROAD RACE NEWSLETTER

13 Volume 2

2/6/13

3 months to race day as of yesterday – I hope everyone is training, with some hills involved? A lot of people have asked me about the hills. What I can honestly say about them is they're all short in duration (I can't think of one that is more than 1/10th of a mile) but it is Redding, so there are quite a few of them. Our Running Club, Redding Running Club trains on part of the course every weekend, so, if you're nearby you may want to join us for a preview run to alleviate your concerns. We ran the entire course last weekend and it was fine – though we didn't race it, per se. If you ran the half last year, there are 838 feet in total climbs this year, down from about 1,000 last year. Just as important, the down hills aren't as steep, so, you can hammer them, if you wish (or use them to recover).

If anybody knows Vic Swaller, please have him email me. The email he registered with is invalid and I don't want him to miss out on race correspondence.

1. REDDING, CT POINTS OF INTEREST

In Redding, you once would have come across Samuel Clemens (Mark Twain), who lived here in the final years of his life, dying in Redding in 1910. Charlie Morton (current MLB pitcher) grew up here, Daryl Hall and Leonard Bernstein lived here, as did Marvin Lee Aday. Who is Marvin Lee Aday, you ask? Well he of course, was the famous softball coach at the local high school. He coached his girls' team when he had time away from his side job, as Meat Loaf. Benedict Arnold also passed by a town over from here and was one of the heroes in the Battle of Ridgefield - a hero for the Colonists, believe it or not.

2. MIGHTY COW CHALLENGE & THE PRIGLET PRANCE

I wanted to give registered Mighty Cow runners more company on the 5k portion of their run, so, I have opened up 10 spots for new registrants. If you have any friends interested, let them know. The Mighty Cow Challenge is simply a 5k race (at 7:20am) followed by the Half Marathon at 8:00am. The 5k race can be used as a warm up or you can race it, depending on your mood. The 5k race will be timed this year and each participant will receive an additional race gift. Also, If you are registered for the half and are interested in "supersizing" your race, contact me and I can get you signed up for an additional \$5 (it covers the race gift basically). The Piglet Prance is either a ¼ mile or a ¾ mile run for the kids – parents are welcome to run with their children. Registration is still open for this race.

3. EARLY START EXPLANATION

This is a 7:15 am start for half marathoners who want a head start on the rest of the field, so they can finish more in the main pack. This is only intended for runners who think they'll finish the half in 2:30 or higher and is totally up to the runner to decide, as we'll keep the course open until everyone finishes.

4. BIB #'s

If you still want to pick your bib number, you may do so. Look at the chart below for available numbers - Red is taken. Half Marathoners/Mighty Cowers between 11 and 610, 7 milers: 611-760, Piglet Prancers: 800-900.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120
121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150
151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180
181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200	201	202	203	204	205	206	207	208	209	210
211	212	213	214	215	216	217	218	219	220	221	222	223	224	225	226	227	228	229	230	231	232	233	234	235	236	237	238	239	240
241	242	243	244	245	246	247	248	249	250	251	252	253	254	255	256	257	258	259	260	261	262	263	264	265	266	267	268	269	270
271	272	273	274	275	276	277	278	279	280	281	282	283	284	285	286	287	288	289	290	291	292	293	294	295	296	297	298	299	300
301	302	303	304	305	306	307	308	309	310	311	312	313	314	315	316	317	318	319	320	321	322	323	324	325	326	327	328	329	330
331	332	333	334	335	336	337	338	339	340	341	342	343	344	345	346	347	348	349	350	351	352	353	354	355	356	357	358	359	360
361	362	363	364	365	366	367	368	369	370	371	372	373	374	375	376	377	378	379	380	381	382	383	384	385	386	387	388	389	390
391	392	393	394	395	396	397	398	399	400	401	402	403	404	405	406	407	408	409	410	411	412	413	414	415	416	417	418	419	420
421	422	423	424	425	426	427	428	429	430	431	432	433	434	435	436	437	438	439	440	441	442	443	444	445	446	447	448	449	450
451	452	453	454	455	456	457	458	459	460	461	462	463	464	465	466	467	468	469	470	471	472	473	474	475	476	477	478	479	480
481	482	483	484	485	486	487	488	489	490	491	492	493	494	495	496	497	498	499	500	501	502	503	504	505	506	507	508	509	510
511	512	513	514	515	516	517	518	519	520	521	522	523	524	525	526	527	528	529	530	531	532	533	534	535	536	537	538	539	540
541	542	543	544	545	546	547	548	549	550	551	552	553	554	555	556	557	558	559	560	561	562	563	564	565	566	567	568	569	570
571	572	573	574	575	576	577	578	579	580	581	582	583	584	585	586	587	588	589	590	591	592	593	594	595	596	597	598	599	600
601	602	603	604	605	606	607	608	609	610	611	612	613	614	615	616	617	618	619	620	621	622	623	624	625	626	627	628	629	630
631	632	633	634	635	636	637	638	639	640	641	642	643	644	645	646	647	648	649	650	651	652	653	654	655	656	657	658	659	660
661	662	663	664	665	666	667	668	669	670	671	672	673	674	675	676	677	678	679	680	681	682	683	684	685	686	687	688	689	690
691	692	693	694	695	696	697	698	699	700	701	702	703	704	705	706	707	708	709	710	711	712	713	714	715	716	717	718	719	720
721	722	723	724	725	726	727	728	729	730	731	732	733	734	735	736	737	738	739	740	741	742	743	744	745	746	747	748	749	750
751	752	753	754	755	756	757	758	759	760	761	762	763	764	765	766	767	768	769	770	771	772	773	774	775	776	777	778	779	780
781	782	783	784	785	786	787	788	789	790	791	792	793	794	795	796	797	798	799	800	801	802	803	804	805	806	807	808	809	810
811	812	813	814	815	816	817	818	819	820	821	822	823	824	825	826	827	828	829	830	831	832	833	834	835	836	837	838	839	840
841	842	843	844	845	846	847	848	849	850	851	852	853	854	855	856	857	858	859	860	861	862	863	864	865	866	867	868	869	870
871	872	873	874	875	876	877	878	879	880	881	882	883	884	885	886	887	888	889	890	891	892	893	894	895	896	897	898	899	900

5. HOTELS/B&B (<http://www.reddingroadrace.com/general-info/lodging.htm>)

I've called around and got some pretty good deals on hotels - some have limited spaces, so reserve sooner than later. Most of the hotels offer a 12pm checkout that can be pushed back, depending on how occupied they are the next day. We don't want you to miss the after-party, so, make sure you ask for a later checkout. I've given you a good variety - one B&B, a couple reasonably priced ones and some

well known ones. If you have any issues with any of these, let me know. One hotel last year would not allow for late checkouts, so, it is not on the list this year.

6. MERCHANDISE

If you want an additional shirt (on top of your free race shirt) you can buy them for \$10, which a lot less than races typically charge. Just use this link, <https://www.raceit.com/Fundraising/?event=16780>, find yourself, donate money to yourself and email me what you want to order. Cool shirts – lightweight coolmax, great to run in in the summer. No sponsor stuff on the back, etc... Youth is a black shirt; unisex - Navy and Women's fit - Purple. Merchandise won't be available to buy race day because I order the exact quantities that I need.



New Pond Farm
EDUCATION CENTER

**2013 REDDING
ROAD RACE**

A RUN FOR THE COWS

SPONSORED BY: **Ola!**
foods

7. SPONSORS/VOLUNTEERS

If anybody knows of any potential sponsors, please direct them my way. We have a Title Sponsor, A Half Marathon Presenting Sponsor, a Piglet Prance Presenting Sponsor and a bunch of Mile Marker Sponsors, but are still looking for a 7 Mile Presenting Sponsor (\$750) and more Mile Marker Sponsors (\$200). Thanks for your help. Also, we're always looking for race day volunteers. Family, friends, whomever – and volunteers get the race gifts too!

8. RUNNER'S GIFTS

If you're a returning runner, you know all about the great runners' gifts we give out (probably the best stuff you'll get at a race). This year's schwag (hate that word but everyone uses it so...) is all picked out and is even better than last year. I can't help it, I love spending money, especially when it's yours!!! In saying that, we raised a ton of money for the farm last year and we'll raise 2.5 to 3X more this year.

9. OLD SHOE COLLECTION

Kilometers, our great local running store, will be on hand at the expo and on race day to collect old shoes. Instead of throwing them out, bring them and give them to Marc who is affiliated with a great charity that gets them to people who could really use them. I'll remind you of this a few times as we get closer to race day.

10. FUNDRAISING

Quite a few people asked me how they could fundraise for the race. Basically, the race is a special occasion for them and they want to solicit donations. If you'd like to fundraise use this link, <https://www.raceit.com/Fundraising/?event=16780>, find yourself, and you can have people donate money to you. Please don't feel obligated, you paid a lot in registration already!

11. FINAL MEDAL DESIGN

Of course, you do have to earn it! Huge medal, 4”



12. OUR RUNNER SPOTLIGHT – Jean T.

I grew up in a very large Italian family -you can only imagine how much food there was. And exercise? The most exercise I got was walking from the couch to the fridge. I spent all of my younger years battling with obesity and it was quite a struggle. I tried everything from Atkins, to Jenny Craig, the South Beach Diet, you name it. My mom took me to 4 nutritionists and I belonged to 3 gyms all before the age of 13. The hardest part was being surrounded by size 0 friends, which left me feeling completely alone in my struggles...

Just before I turned 17, I was babysitting for my neighbor's sons who were 5 years old and a few months old. The 5 year old turns to me, points at my stomach and asks "So when does your baby come out?" Have you ever heard the saying "out of the mouths of babes"? Well that was my last straw. I finally had my moment of clarity and decided to change my ways. I had done weight watchers a couple of years back, and learned quite a few good tips. I took all of the knowledge from my previous (unsuccessful) weight loss adventures and put my own spin on things.

Long story short, it took me 4 years (I purposefully did it slowly) but I lost 112 pounds! I felt amazing. Then after a few weeks, it hit me. I spent the last 21 years of my life trying to lose weight, where was I going to focus all of that energy now? I am the type of person who needs goals and things to work towards, so I needed a new plan.

And then I found running.

My college roommate had run a lot of races and was training for her first marathon. In my elementary school years, I would steal my sister's inhaler and try to convince my gym teacher I was diagnosed with asthma the day before to get out of running "the mile". This was not something I was looking forward to at first, but my roommate convinced me it was worth a try. I decided to give it a go. I started easy, just some running/walking intervals for about 20 minutes a few times a week. Then I signed up for my first 5k. When I crossed that finish line, I was completely hooked, to say the least.

Five years later, I've now run 3 half marathons, 1 duathlon, and countless 10Ks, 5Ks, etc. Running has become my passion and my outlet for stress. I absolutely

love the feeling of finishing a morning run and starting the day on that high. My family thinks I'm crazy when I go out for a run in 90 degree weather or a blizzard, but it's just a part of me now. I am still very slow, but that doesn't stop me. I run to feel healthy and to get that few miles a day of "me" time.

Running has saved me. I don't know if I would've been able to maintain my weight loss (now up to 136 pounds lost and kept off for 5 years), if I hadn't started running. Having races to run keeps me so motivated, especially with the camaraderie and positive energy amongst my fellow runners; I truly feel like it's something I could never give up. I am incredibly grateful that I have this story to tell and hope it inspires others who have that same thought I did just a few years ago, "Me? A runner? yeah right!". Now the highlight of the last month has been signing up for my 4th half marathon!

Running teaches you many lessons if you are open to accepting them. That is my message to all runners, whether you are seasoned or new to the sport, you never know where this road will take you.

Awesome story Jean, and congratulations!!

13. SPONSOR HIGHLIGHT – ALICE'S FLOWER SHOP

One of the cool things we do at the finish line is hand out each woman finisher a flower (Mother's Day is the following week). Alice's Flower Shop in Bethel donated the flowers last year and have committed to donate them again this year. As all of you know, flowers are expensive, so this is a big, very much appreciated donation. If you have flower needs (and Valentine's Day is coming up), please consider Alice's Flower Shop, <http://www.alicesflowershop.com/>.



\$1.00 OFF

Ola! Granola 9 oz. Bag or
1 oz. Single Multi-Pack Tray
(excludes 1 oz. Singles sold individually)



MANUFACTURER COUPON EXPIRES 12/31/13

NOT SUBJECT TO DOUBLING

Retailer: Ola! Foods, LLC will reimburse you the face value of this coupon plus 8 cents handling for coupons redeemed in accordance with this offer. Invoices proving purchase of sufficient stock to support coupon submissions must be provided upon request. Consumers are limited to one coupon per purchase and are responsible for all taxes. Cash value is .0001 cents. Send all coupons to: **OLAF/Universal, P.O. Box 222510, Hollywood, FL 33022-2510.**

MADE IN THE USA



Upcoming Newsletters:

- Description of new courses
- Starting line corrals
- National Anthem singer
- Pre Race Party (Saturday May 4th) – very exciting!!

Feel free to email me any questions, as others probably have the same questions as you.

Cheers,

John